
PRACTICAL OBSERVATIONS
ON THE
TREATMENT
OF
CONSUMPTIONS.

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PRACTICAL OBSERVATIONS

ON THE

T R E A T M E N T

O F

C O N S U M P T I O N S.

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M DCC LXXX.

P R E F A C E.

THE frequency and fatality of the disease treated of in the following sheets, are so well known, and have been so often lamented, that every well-meant endeavour to improve the method of treating it, cannot fail to meet with a candid reception from the public.

The Author does not profess to give a systematic treatise on the subject, but has confined himself to a few general observations on the remedies that have hitherto been the most commonly employed; together with such other remarks as have occurred to him in the course of his practice.

If

If the justness of these remarks should be confirmed by the observations of others, and he should thus be in any degree instrumental in obviating the effects of this fatal complaint, he will think himself amply recompensed.

BENTINCK-STREET,

CAVENDISH-SQUARE,

Nov. 29, 1779.

P R A C T

PRACTICAL OBSERVATIONS

ON THE TREATMENT OF

C O N S U M P T I O N S.

I DO not mean to enumerate all the causes that are capable of producing a pulmonary consumption. It is well known, that every inflammatory affection of the thoracic viscera is liable to terminate in this melancholy complaint. It is likewise known to be not unfrequently the effect of other chronic diseases. In all these it is a secondary disease; and the method of treating it will vary more or less, according to the nature

nature of the primary one. The genuine phthisis is usually the effect of a certain pre-disposition of body, which is very often hereditary. This previous affection, in general, consists either in a disposition to *hemoptysis* or spitting of blood, or in the formation of *tubercles*. Of these two causes the latter seems to be the most frequent and fatal; but in many patients they appear to be united.

I shall confine my observations chiefly to the treatment of the disease from tubercles; it being well known, that when the complaint has made a certain progress, whether from hemoptysis or tubercles, so as to produce hectic fever, and an expectoration of purulent matter from the lungs, the indications, however they might differ at first, become pretty generally the same.

§ I. *Of* TUBERCLES.

THERE are but few persons who are carried off by pulmonary consumptions, in whose lungs we do not find more or less of these concretions. I have had opportunities of inspecting the bodies of several who died in this way, and have never yet found them totally absent. I have likewise seen them in subjects of different ages, who had been troubled with no symptoms of an affection of the breast during their life-time. In these, however, they were small, and few in number. This proves that they may exist without inconvenience, till they begin to disturb the functions of the lungs by their size and number; or till some degree of inflammation is excited, either by accidental causes, or by certain changes that take place within their substance;

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for as yet we know but little of their true nature.

These little tumours vary in their consistence ; in some they are composed of a pulpy substance, and in others approach more to the nature of *schirrhus*.

They are most commonly formed, as we have observed, in consequence of a certain constitutional pre-disposition ; but whatever is capable of occasioning a morbid irritability of the lungs, seems to be capable of generating them. Thus the spasmodic asthma frequently ends in tubercles and consumption ; and it is not unusual for millers, stone-cutters, and others, to die consumptive, from their being so constantly exposed to dust, which in these cases probably acts by producing
similar

similar concretions. I have seen two instances of this sort in millers ; and Dr. Kirkland observes*, that scythe-grinders are subject to a disease of the lungs, from particles of sand mixing with iron dust, which among themselves they call the Grinders Rot. Many instances in this way may be met with in Rammazini †, Morgagni ‡, and other writers.

Tubercles likewise often have their source from a serophulous acrimony ; and some eminent physicians have supposed that the generality of pulmonary consumptions are of this kind. This notion, however, they have carried too far : they have probably been misled by these tuberculous connec-

* Treatise on Child-bed Fevers.

† De Morbis Artificum.

‡ De Sedibus & Causis Morborum.

tions, which, without good reason, have been supposed to be diseased glands, and of course analogous to the glandular affections we meet with in the scrophula.

Tubercles may likewise sometimes be owing to the sudden repulsion of cutaneous eruptions, or of the matter of exanthemata, or to other causes which it does not seem necessary to enumerate at present.

§ 2. *Of the Symptoms and Progress of the Disease; and of the Method of treating it.*

THE persons who are most liable to consumption, are those of a fair complexion, fine and soft skin, florid cheeks, and a slender make; with high cheek-bones, hollow temples, long neck,

neck, shoulders standing out like wings, narrow chest, and a remarkable prominence of the processes of the os sacrum. To these marks we may add, that of *sound teeth, which, as the disease advances, usually become of a milky white colour, and more or less transparent.* This circumstance was first communicated to me by the learned professor Camper, when I visited him in West Friesland. He supposes it to attend every species of consumptions; but repeated and attentive observations have induced me to be of opinion, that it is the distinguishing characteristic of a genuine phthisis, or of a pre-disposition to it. Of those who are carried off by this disease, the greater number will be found never to have had a carious tooth. This phænomenon may serve to put us upon our guard, but ought not to make us despair of success. I
have

have very lately seen a young gentleman recover, who had this transparency in a high degree, together with other symptoms of incipient phthisis.

Let us now attend to the beginning and progress of the disease, and to the methods of treating it in its different stages.

We shall find that persons of the above description often remain for a long time without any other inconvenience than feeling some oppression at the breast in moist weather, or in hot apartments. Their breathing is easily hurried, sometimes by the slightest motion, and they become languid, paler, and thinner. All this while, however, they feel no heat, or painful sensation in the breast. As the evil increases, the patient begins to be attacked with a slight, frequent, and dry cough, which is most troublesome in the night-time.

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This, however, by proper care, is often relieved, and the patient remains in this state for a considerable time, and even for many years, if he is sensible of his danger, and careful to guard against it by a suitable manner of living. More commonly, however, we find the cough increasing, and sometimes accompanied with more or less of catarrh. This is usually ascribed to cold, and but too generally neglected, till the disease becomes alarming by its obstinacy and its effects. This may be considered as the beginning, or FIRST period of the disease. During this stage, the cough is sometimes dry from the first, and sometimes, when it sets in in the form of a catarrh, is attended with more or less expectoration of mucus.

Physicians are pretty well agreed as to the methods that are to be adopted,

in order to obviate an attack of the disease, or to remove it in this first stage of it, before the lungs themselves, and the rest of the system, become so affected, as to constitute what is called a confirmed consumption. There are no cases to which the maxim, *principiis obsta*, is more applicable than to the consumptive.

When the cough sets in in the form of a catarrh, and appears to be occasioned by an increased secretion of a thin, saltish mucus, irritating the membrane of the trachea, all judicious practitioners agree in recommending an attention to regimen, the free use of diluting liquors, bland emulsions, small doses of nitre, the taking away a few ounces of blood, if there is much inflammation, the inhaling the steams of warm water, and the occasional use of such

such a dose of elixir paregoricum as will be sufficient to allay the irritation of the bronchiæ, and to promote a gentle moisture on the skin. These methods will generally be found to be efficacious, especially if the air of the patient's chamber is of a moderate temperature, and he carefully avoids exposure to a cold, damp, or raw air, till the complaint is removed. In cases in which the cough has been obstinate, and the inflammatory symptoms considerable, I have often experienced the great advantages of the warm bath, the heat of which did not exceed 92°. When this is had recourse to, the patient should remain in it only a very few minutes, and go soon afterwards to-bed, but not with a view to force a sweat by an increased weight of bed-cloaths, as is too often injudiciously practised.

Patients of a consumptive habit, who have had an attack of this kind at the beginning of winter, are particularly liable to a return of the complaint during the continuance of the cold season, on the slightest occasion and with greater violence. A relapse is therefore carefully to be guarded against; and nothing will be found to do this more effectually than the use of socks, and a flannel under-waistcoat. The use of flannel has been condemned by more than one medical writer, as increasing the insensible perspiration; but in the present case, to say nothing of some others in which it may be useful, it will in general be found to have the best effects. It will prevent too great a determination to the lungs, and should not be left off till the approach of summer. In some few instances in which flannel was found to have a disagree-

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agreeable effect, I have seen a piece of dimity worn over the breast next the skin, prevent the return of colds and coughs in persons of a delicate habit, who had before been liable to them on the slightest occasions. In these cases, circumstances that are seemingly of the most trifling nature become of importance.

Sometimes the cough is occasioned by an immediate inflammation of some part of the lungs, from some of the usual causes of inflammation, and when this happens, no time is to be lost in removing it. To do this will perhaps require more than one bleeding, together with a strict attention to a cooling plan of diet, diluting drinks, the inhalation of warm steams, and, if convenient, the use of the warm bath as in the former case, but above all the

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speedy application of a large blister as near as may be to the supposed seat of the inflammation. The cough, in this case, will often remain after the original complaint is abated. A prudent use of opiates at bed-time, joined to gum ammoniacum, will then generally be useful as a sedative and antispasmodic.

In this, as well as in the catarrhal cough just now mentioned, I have observed too great an eagerness in many practitioners to administer the Peruvian bark, with the view, as they term it, of bracing up the patient. I am afraid that this practice is but too generally adopted. It never fails to increase the cough, and of course to do great and very often irreparable mischief.

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And here it will not be foreign to my subject to observe, that a symptomatic cough, which has its rise not from catarrh, or from an immediate inflammation of the lungs, but from their sympathy with the stomach, has sometimes laid the foundation of phthisis, from its having been mistaken and of course improperly treated. It seems to be owing to a redundancy or vitiated state of the bile, or to some affection of the stomach, which it is perhaps not easy to define. It is sometimes a concomitant of other bilious symptoms, and when this happens to be the case, it cannot easily be mistaken; but we sometimes find it occurring singly, and in general attacking persons of a sedentary life. The ingenious Dr. Stoll of Vienna, who has noticed this cough, has very properly given

given it the name of *Tussis Stomachica* *.

This complaint is so far from being relieved by bleeding that it constantly grows worse after it, especially if the evacuation is in any considerable quantity. The oily remedies seldom fail to exasperate this cough, which at first is dry, frequent, and often extremely violent, but which seldom fails to give way to one or two gentle pukes, and the occasional use of mild purges. The cough, as in other cases, often continues from habit after the cause that gave rise to it has been removed, and may then be checked by opiates.

When the disease has been neglected, or our attempts to remove it in the beginning have failed, both of which

* Ratio Medendi, tom. 1.

circumstances but too frequently happen, the patient begins to complain of a foreness, and of slight lancinating pains shooting through the breast, sometimes in the direction of the Mediastinum, and sometimes confined chiefly to one side. The foreness is pretty constant, and much increased by the cough. The pain in the side often prevents the patient from lying on the side affected; and this inability of lying, except on one side, frequently occurs even when no such pain is felt. In this stage of the disease, flushing heats are felt in the palms of the hand and soles of the feet: the breathing is short and laborious, and it is not long before the patient begins to expectorate a thin and frothy phlegm, at first in small quantities, coughed up with difficulty and foreness, and now-and-then streaked with blood:—this may
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be considered as the inflammatory period of the disease, to which succeeds the suppurative stage. In the latter, the expectoration becomes more copious and purulent, the breath proportionably offensive, and the exacerbations of the hectic more considerable; an increased quickness of the pulse comes on about the middle of the day; but the most considerable paroxysm of the fever is at night, and at first continues till towards morning, commonly till three or four o'clock, when it terminates in a sweat, which usually begins upon the breast. As the disease advances these sweats become more profuse, and sometimes come on almost as soon as the pulse begins to quicken, but without affording any relief to the patient. During the exacerbations we observe a circumscribed redness of the cheeks, while the rest

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of the face is pale, and appears as if it were not clean washed. The costiveness that commonly accompanies the beginning of the disease, is usually succeeded by a diarrhœa; the spitting lessens, and all the purulent matter seems to be carried downwards. The wasting of the fat and the loss of nourishment occasion the nails to curve inwards, the hair to fall off, and the eyes to sink in their sockets. In the mean time the legs commonly swell, till at length death closes a scene which is melancholy to all but the patient himself, who in general continues sensible to the last moment, and even then indulges a vain hope of prolonging a miserable existence. Professor Whytt has endeavoured to explain the reason of this cheerfulness and confidence in consumptive patients; but there seems to be more of ingenuity

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than truth in his reasoning, and it probably depends upon causes with which we are and shall be for ever unacquainted.—In some cases, and that not unfrequently, a delirium comes on towards the close of the disease.

The Hectic fever that attends this and some other chronic diseases is evidently the effect of acrimony, and most commonly of pus, absorbed and carried into the circulation. The nature of this acrimony and the different irritability of different patients are probably the sources of the variety we observe in fevers of this denomination, a variety which is doubtless much greater than we are aware of. Thus we find that the matter of the small pox excites a fever of this kind ; but this secondary fever, as it is called, differs from the hectic attendant on consumptions : nor does

the latter correspond with that which sometimes accompanies the suppuration of a cancerous ulcer. In the pulmonary consumption, or at least in the third stage of it, the fever induced is truly of the putrid kind, and has been well denominated the *Febris hectica putrida* by the judicious Morton, who considers it as being combined with a peripneumonic or inflammatory fever, which recurs as often as fresh tubercles begin to inflame. For altho' I have named one period of the disease the Inflammatory, and another the Suppurative period, yet we are not to suppose, that the latter is exempt from inflammation. While matter is poured into the bronchiæ, or absorbed and carried into the system from one part of the lungs, other parts are in a crude state of inflammation or advancing towards suppuration; so that on examining

the lungs of persons who die consumptive, we find some tubercles that are small and just formed, some that are large and full of matter, and others that are in a state of ulceration. This easily accounts for the occasional combination of inflammatory symptoms with those of the putrid hectic.

When the matter absorbed is a laudable pus, as in the case of a psoas abscess, we find the form of the hectic differing from either of those we have mentioned. Other varieties might be pointed out, but this would lead us into too long a digression, and be foreign to the purpose of the present work.

In these different periods of the disease the curative indications are sufficiently obvious. To prevent the formation of fresh tubercles ; to obvi-

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ate the inflammation of those already formed ; to promote their resolution ; to allay morbid irritability, the cough and other troublesome symptoms ; and above all to check the tendency to hectic ; are the views that every rational physician proposes to himself in the treatment of the genuine consumption. But how are these views to be accomplished ? We know of no medicines that can exert their specific effects upon the lungs by dissolving tuberculous concretions, nor is it probable, from what we know of the animal œconomy, that any such will ever be discovered. We are not however on this account to despair of success. Medicines that operate in a general manner upon the system may, by promoting absorption and diminishing the determination to the lungs, tend to disperse tubercles or to prevent their
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formation. There are not wanting instances of wonderful recoveries in cases where the evil was supposed to be beyond the power of physic; and in some, where nature was left to herself; so that a physician who has observed the various and powerful resources nature has within herself, will be very cautious how he asserts, that a disease is incurable.

The most formidable effects of ulcerated lungs are the absorption and consequent hectic. It seems evident, that in many cases death is brought on by this, rather than by the lungs themselves being rendered unfit for the purposes of respiration. So that if we can obviate the effects of the absorption, diminish the præternatural determination to the lungs, and fulfil the other general indications just now mentioned,

tioned, we may very often enable nature to recover herself. It may be alledged indeed, that the phyfician's art has hitherto proved very unſucceſſful in theſe caſes ; but may not this be owing to the remedies that are adopted being very often ſuch as are inimical to the cure ?

The bark is, perhaps, the moſt commonly employed of any, and often conſidered in as an ultimate reſource in theſe caſes. But beſides this, the elixir of vitriol, the balſams, and frequent bleedings, have each had their partizans. The uſe of bliſters and iſſues, opiates, a milk and vegetable diet, exerciſe, and change of air, are pretty generally recommended by all. It will be neceſſary to examine each of theſe ſeparately. I ſhall begin with the bark, of which I have already had occaſion to
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notice the bad effects, when given at the beginning of the disease ; and I am persuaded, that whoever will review his practice in these melancholy complaints, and consider the cases in which it was given, will be convinced, that it is not less prejudicial in the more advanced stages of the disease. Default* long ago observed, that the bark had been productive of great mischief in consumptive cases ; and the celebrated Dr. Fothergill, in a valuable paper lately published by him† on this subject, very judiciously remarks, that the bark is so far from curing the hectic arising from distempered lungs, that according to the best of his observations, it not only takes up that time, which might probably have been better employed in the use of other medicines,

* Dissertation sur la Phthisie.

† Medic. Observ. & Inq. vol. 5.

but for the most part aggravates the disease beyond remedy. Indeed I believe it will be found, by every attentive observer, that whenever pus, or any kind of acrimony excites an hectic, by being absorbed and carried into the circulation, the bark will never fail to exasperate the complaint, especially if it is accompanied with any degree of inflammatory diathesis, unless the matter has a free outlet from the system; as in the case of abscesses, for instance, in which we often find the bark productive of excellent effects. It is likewise well known to be useful as a tonic, to obviate the effects of fluor albus, or any other immoderate evacuation in delicate persons, which, by enfeebling the system, very often lays the foundation of phthisis; but the moment we have reason to suspect that the lungs are ulcerated, it ought to be laid aside;

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and in the genuine tuberculous consumption it is at all times inadmissible.

The elixir of vitriol has generally been combined with the bark in these cases, with a view to increase its tonic virtue. I have seen it productive of good effects when taken in water, in the dose of fifteen, twenty, or five-and-twenty drops twice or thrice a-day in the second, but more particularly in the third stage of the disease. In these cases, it seems to act chiefly as an antiseptic, and its effects are to cool and refresh the patient, and to check the colliquative sweats. In the first stage of the disease, or before the hectic symptoms come on, it will seldom fail, I believe, to do harm. The muriatic acid is found to act nearly in the same manner ; but, after all, a liberal use of

oranges and ripe fruit seems to be preferable to either.

The balsams have long been prescribed in pulmonary complaints ; but the humane and experienced physician, whom I just now had occasion to quote, condemns their use in these cases, chiefly, however, from the consideration of their sensible qualities. But with all due deference to his superior abilities, I doubt whether the sensible qualities of any article of the *materia medica* will account for its effects on the system. It is indeed very likely, as Boerhaave formerly observed, that mankind were first induced to apply these remedies to consumptive cases, from an idea of their healing virtues, and from what they had observed of their effects in external ulcers : but as the greater part of our remedies are perhaps ow-

ing to chance, the question now ought to be, not why they were first given, but why they still continue to be administered ?

That the balsam of Peru, or any other balsam, is carried unchanged into the circulation, to exert its vulnerary effects upon the lungs, is what no person, who has any smattering in physic, will now be hardy enough to assert; but that these substances are antiseptic and antispasmodic; I believe is unquestionable: what other properties they may possess, it is by no means easy to say. Fuller assures us, that the balsam of copaiva, notwithstanding its being hot and bitter, is useful in hectic cases; and that he has seen dangerous coughs, which manifestly threatened a consumption, cured by the use of this medicine alone. I am the more disposed

posed to credit Fuller's testimony on this subject, from having myself had occasion to notice the good effects both of the balsam of copaiva, and of the balsam of Peru, in the suppurative stage, when given in the dose of ʒss. or ʒj. upon sugar, two or three times a-day. Either of these are much more efficacious when given in this simple manner, than when mixed with the yelk of an egg, as is most usually done. Nitre seems to be a corrector of these warm substances; and therefore I recommend a draught containing twelve or fifteen grains of it, to be swallowed immediately after each dose of the balsam. We have lately seen a very candid and experienced physician, Dr. Griffith, recommending*, in the inflammatory

* Practical Observations on the cure of hectic and slow fevers,

hectic, a mixture of myrrh †, nitre, and salt of steel, which he has prescribed with

† While I was preparing this little work for the press, I had the pleasure of hearing a very useful paper read to a society of physicians by the ingenious Dr. William Saunders, physician to Guy's Hospital. This paper (which, among other interesting practical observations, contains remarks on the use of myrrh in hectic cases) the Doctor has since very obligingly put into my hands. It is with his leave, therefore, that I here give some account of the result of his experience on this subject.

It seems, that the practice of giving myrrh in hectic cases has long been adopted in Guy's Hospital, as appears from the books of Dr. Oldfield and others. Mr. Stead, apothecary to the hospital, remembers it to have been the practice of a physician in Yorkshire upwards of thirty years ago, to give myrrh and spermaceti in such cases; and a bolus of these two ingredients has long had a place in the hospital pharmacopœia.

Dr. Saunders observes, that although he had indeed been very early taught to believe, that in cases of hectic the inflammatory diathesis chiefly prevails, and that the antiphlogistic regimen and cooling remedies are principally to be depended on, while the resinous medicines ought to be industriously avoided; yet the successful
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with great success for several years past. Dr. Musgrave, in his Gullstonian lectures,

exhibition of myrrh by his predecessors and colleagues in the hospital did not fail to call his attention to this medicine. He was therefore induced to give it a trial ; and having been soon convinced of its efficacy, he has prescribed it with great frequency, so that during the last ten years he has had an opportunity of noticing its effects in upwards of three hundred cases. He gives it by itself, not in the combined form directed by Dr. Griffith. He has experienced bad effects from it when united with bark and steel.

The cases in which he finds it the most useful, are hectic fevers from debility, in which the pulse is small and quick, and the patient extremely irritable. Of this kind is the hectic of lying-in women, which generally follows peritoneal inflammation. In this hectic the rigors recur frequently, and terminate in profuse sweating ; a sense of weight and uneasiness is felt in the epigastric region, particularly towards the right hypochondrium ; the patient loses flesh and strength, and the urine appears loaded with matter. In cases of this sort, he has given myrrh with great good effect. It increases the hot stage of the hectic, diminishes the violence of the cold fit, and checks the tendency to colliquative sweats. Dr. Saunders has likewise given it with advantage

tures, speaks of similar good effects from small doses of camphor and nitre.

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vantage in cases of hectic, in which the spirits were particularly affected, accompanied with a weak, creeping pulse, and a preternatural heat of the skin, altho' there was no violent accession of fever. In some of these cases bark and steel had been unsuccessfully employed. In many cases of hectic, apparently produced by absorption from phagedænic ulcers, or by ichorous and sanious discharges from old sores, bad stumps, and the like, he has seen a better pus secreted from the use of myrrh taken internally, altho', in many of the cases referred to, the bark had been administered without effect.

In the *febris alba* of Dr. Sydenham, he often joins it to chalybeates with advantage ; and he has sometimes extended its use with success to cases of acute pain, recurring at irregular intervals in delicate females. Of this kind are the head-ach, and those muscular affections resembling the rheumatism, to which hysterical women are subject, and which have been noticed by Dr. Sydenham.

In cases of hæmoptoe, and in the inflammatory period of pulmonary diseases, Dr. Saunders has generally found it too heating ; but after suppuration has
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We therefore ought not to be too hasty in rejecting this class of medicines, but to give them cautiously, beginning with small doses, and carefully attending to their effects. If they should be found to heat the patient, to accelerate the pulse, exasperate the cough, or occasion any uneasy sensation, we should instantly refrain from them.

taken place, and the period of debility has come on, he thinks it a good medicine; but notwithstanding a great variety of trials in cases of hectic, evidently phthical, in very few has he succeeded, and in many has been obliged to omit its use, and to substitute a different mode of treatment.

Dr. Saunders concludes with observing, that as his remarks on this subject are the result of trials in so great a variety of cases, so it is not to be supposed that his success was complete or uniform in them all; but that among the different remedies employed, he found more evidence in favour of the myrrh than of any other; and that in many cases in which it proved successful, no other medicine was employed.

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With regard to repeated bleedings, it is certain that much benefit may be derived from the practice, provided it is proportioned to the symptoms and strength of the patient. Dr. Dovar, who brought this practice into vogue about fifty years ago, did not hesitate to take away six ounces of blood every day for a fortnight, and then every second, third, or fourth day, till the patient had been blooded fifty or sixty times. This was carrying the practice too far, and was probably the means of bringing it into disrepute. He considered the disease as purely inflammatory, and perhaps was misled by the appearance of the blood, which certainly ought not to be our guide in these cases.

I know a learned and experienced physician, who remembers many years ago to have seen Dr. Dovar's method

adopted in a consumptive case. The patient died ; but not till after he had been blooded upwards of fifty times, and the blood last drawn was as fizy as the first.

In these cases the patient can bear small, though not large bleedings. The loss of three or four ounces at a time is sufficient, and the operation ought to be repeated with caution. In general, I have observed that the patients are sensible of more relief two or three days after the bleeding, than they are immediately after it. Upon the whole, this operation ought to be had recourse to only occasionally, as one among many other auxiliaries to lessen inflammation, and to prevent too great a determination to the lungs. It is one of those remedies which, in the hands of a skilful and prudent practitioner, may

do much service ; but on the other hand, when prescribed at random, and without a nice and judicious attention to a variety of circumstances that are to be considered in every case, it may certainly do great mischief.

With regard to the drains, such as blisters, issues, and setons, that are so frequently recommended in pulmonary complaints, there is less danger of abuse from them, than from the practice of venæsection. The discharge they excite is not calculated to weaken the patient much ; and the relief they have so often been found to afford, is a sufficient reason for giving them a trial. Blisters, as is well known, act in a twofold manner, by obviating spasm, and producing revulsion : issues and setons act chiefly in the latter of these two ways ; and in this respect
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their effects, though less sudden and less powerful at first, are more durable from the continuance of the discharge they occasion. It is perhaps hardly necessary to remark, that if much service is to be expected from either of these remedies, they should be applied early in the disease. The ingenious Mr. Mudge, who experienced the good effects of a large scapulary issue on his own person, very properly observes *, that the discharge in these cases ought to be considerable enough to be felt. But it is seldom possible for us to prevail on the delicate persons, who are most frequently the victims of this disease, to submit to the application of a caustic between the shoulders. The discharge produced by a seton is by no means inconsiderable ; and as in these cases there is generally some inflammatory stitch, some part of the breast that

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* On the catarrhus cough.

is more painful, or more affected by a deep inspiration than the rest, a seton in the side, as near as can be to the seat of the inflammation, will be an useful auxiliary. I have seen it evidently of great use in several cases.

I have already had occasion to speak of opiates among the remedies for the cough that precedes Phthisis ; but the use of medicines of this sort is much more general. They are given in every period of the disease, to quiet the cough, and to procure sleep, and in the advanced stage of it to palliate the diarrhœa. In both these respects they have done infinite mischief. In the inflammatory stage of the malady they increase the disposition to inflammation ; in the putrid hectic they increase the colliquative sweats. They should therefore be
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prescribed sparingly and with great caution. I could wish to see them in the hands only of skilful and experienced practitioners. I have seen more than one cough rendered incurable by an absurd use of Godfrey's cordial, and some other quack remedies of which the basis is opium. In the diarrhœa, opium can procure only an uncertain and temporary relief. The best remedy will be ripe fruit and other antiseptics.

I have said, that a milk and vegetable diet are pretty generally recommended by all physicians, from a supposition that animal food increases the inflammatory symptoms by its stimulus, and the tendency to hectic by its alkalescency. But I have very seldom perceived any such effects from any kind of it, when dressed in a plain man-

manner and eaten sparingly, with a large proportion of puddings, ripe fruit, butter-milk, &c. In these cases there is often as much danger from the quantity as from the quality of the food. It is perhaps hardly necessary to remark, that salted meat and high-seasoned dishes will be particularly injurious. The inclinations of the sick on these occasions ought to be attended to. If a patient expresses a desire for any particular sort of animal food, eats it with a good appetite, and it is found to agree with him, the physician should indulge him in a prudent use of it, recommending moderation, and carefully attending to its effects. Sometimes we meet with patients who are averse to animal food: these should live intirely on milk, fruit, &c. Dr. Mutzel of Berlin, in his *Observ. Med.* speaks of a young woman who was
cured

cured of an incipient phthisis by living on bread and cucumbers, and drinking cold water only *. I can venture to assert however, that in the generality of patients any light animal food, eaten sparingly, and at dinner only, will have a better effect than a total abstinence from it, provided the greater part of the patient's diet consists of skimmed milk, or asses milk, or butter-milk or whey, &c. Shell-fish, and particularly oysters, will sometimes be beneficial; and so will snails, either swallowed whole or boiled in milk. Thin light broths made of the flesh of full-grown animals may likewise be

* Bonetus, in his *Sepulchretum*, tom. i. page 693, speaks of a person who was cured of ulcerated lungs and confirmed hectic by living on water-cresses. But as this is merely an hearsay account, and is accompanied with circumstances, the authenticity of which is much to be doubted, it is hardly deserving of being quoted.

occasionally used with advantage. Spirituous and fermented liquors of every kind are in general pernicious. Plain milk of any sort is often found to be too stimulating in these cases, and I have now and then seen it disagree with patients from their taking too great a quantity of it at a time. From its acescency it is frequently rendered purgative by mixing with the bile, especially if there is a redundancy of this secretion, as is sometimes the case in consumptive patients; more commonly however, from the insolubility of its coagulum, it occasions costiveness. Asses milk, from its being more fluid and nutritive, and affording less of coagulum, is preferable to cows milk; but in the quantity in which it is commonly taken, it can be but of very little service. We see patients drinking half a pint of it twice a day as a

medicine rather than as an article of diet, whereas if any good is to be expected from it, it ought to constitute the chief part of their nourishment. When cows milk is used it should be skimmed, or, if drank warm from the cow, diluted with a third part or more of water. In general, however, butter-milk, or whey, either from cows or goats milk, are far preferable to pure milk of any sort ; and of these again butter-milk seems to claim the superiority, from its being more nutritious and more cooling to the system. I have seen obstinate coughs, attended with loss of flesh, flushing heats, and all the symptoms that threatened a confirmed phthisis, give way to a regimen of butter-milk, ripe fruit, and a moderate use of animal food, assisted by a seton in the side, occasional ve-

næfections, and other fuitable remedies.

The Vienna phyficians have lately recommended the *lichen islandicus*, or *ëringo-leaved liverwort*, to be boiled in milk, and given as an article of food, in confumptive cafes. Scopoli, a writer of good credit, fpeaks of its efficacy in feveral cafes ; and fays he has feen it fucceed even when the lungs have been ulcerated. The ingenious Dr. Stoll likewise, in his *Ratio Medendi*, gives his testimony of its good effects in feveral patients. I can fay nothing of it from my own experience ; but it feems to be deferving of a trial. Our botanic writers * fpeak of it as growing in the hilly parts of Yorkfhire and West-

* See Hudfon's *Flora Anglica*, Berkenhout's *Outlines of the natural Hiftory of Great Britain*, and Lightfoot's *Flora Scotica*.

moreland, and on heaths and mountains in Wales and Scotland.

Exercise, and above all riding on horseback, has long been considered as an essential article in the treatment of consumptions, especially since the time of the celebrated Dr. Sydenham, who goes so far as to assert, that riding is as effectual a remedy in this disorder as mercury is in the lues venerea, or the bark in intermittents ; provided the patient be careful to have his sheets well aired, and to take sufficient long journies*. It is to be feared however, that this opinion of the great Sydenham has

* “ Hoc tamen sanctè assero, quod neque mercurius in lue venereâ, neque cortex peruvianus in intermittibus efficaciores extent, quam in phthisi curanda exercitium jam laudatum, modo æger curet ut linteamina lecti probe fuerint arefacta, atque etiam ut satis longa itinera emetiantur.”

been productive of much mischief, by its having been too generally adopted. It is true, that in some cases where consumption is a secondary disease, as for example, in the nervous atrophy, in the hypochondriacal consumption, or when it is the effect of long continued intermittents, of congestions in any of the abdominal viscera, or, in a word, whenever the consumption is not attended with an inflamed or ulcerated state of the lungs, long journeys on horseback will be beneficial; such a practice may likewise be highly useful in obviating an attack of phthisis, or in carrying off a dry husky cough in a person of a consumptive habit, when there is reason to suppose that no tubercles are as yet formed. Of this I remember a striking instance in my own servant, a lad of about fifteen years of age, of a thin delicate habit,

with

with sound teeth, and of a countenance that seemed to indicate a predisposition to phthisis. He was attacked at Edinburgh in the month of December with a dry cough, which became alarming by its obstinacy and violence, having resisted a variety of remedies for upwards of a fortnight. At the end of that time we mounted our horses and proceeded towards the south. On the third day we reached Morpeth, and the lad's cough was already abated; but having stopped there for the space of five or six days, it gained ground again, so as to be as violent as at first. On our way from Morpeth to London we travelled at the rate of thirty and sometimes forty miles a day, the weather being all the time extremely cold, and accompanied with a slight fall of snow, and yet the cough every day grew better; so that when we had reached

London

London it was almost intirely removed. Here again we tarried about eight days, during which time the cough increased again, though with less violence than before. After that we had occasion to ride several miles every day in the neighbourhood of Maidstone, and sometimes to make long journies, by which means, without any other remedy, the cough was soon wholly removed.

Notwithstanding the utility of this practice in the above case, it is certain that in the confirmed phthisis, when the lungs are inflamed or ulcerated, much or violent exercise will be improper. I have had occasion to see more than one case where the death of the patient was evidently accelerated by it. The exercise therefore should be gentle, proportioned to the strength
of

of the patient, and employed only in the morning. In fine weather an easy open carriage is perhaps the most eligible, not only on account of its being open to the air, but because it affords that kind of agitation which is most wanted in these cases. For if we consider the different modes of exercise, we shall find that walking, though the best exercise in health, as it employs the most muscles, is the worst for the sickly, who should have the benefit of exercise without fatigue. Riding on horseback agitates the viscera more than walking, and is therefore preferable to it in many chronic diseases; but when a preternatural determination to the lungs has taken place, it will be liable to increase the evil, and may likewise be hurtful by the fatigue that attends it. For these reasons it will be prudent to begin with a car-

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riage,

riage, and if the patient gains strength and the disease abates, recourse may afterwards be had to horse-exercise.

The gentle motion of a coach has been often found of great utility in pulmonary complaints. Its efficacy seems to depend chiefly on its increasing the determination to the surface of the body. The nausea which this motion excites in some persons is an effect of this increased determination. It has therefore been found beneficial in hæmoptysis, and I remember to have heard a very learned and experienced physician relate the case of a lady, one of his patients, who, after trying various remedies to no purpose, was cured of this complaint by travelling several hundred miles through different parts of England in her own coach. At first, whenever she tarried three or four days

in any place, the disorder began to return again, but at length by persevering in her journies it gradually went off. Default, who practised at Bourdeaux about forty years ago, tells us *, he sent several consumptive patients to Bareges, and with good success; but that in these cases his reliance was not so much upon the Bareges waters, as upon the motion of the carriage and the change of air in a journey of more than an hundred leagues.

It is now pretty generally acknowledged, that the good effects of sea voyages in consumptive cases depend more upon the constant and uniform motion of the ship, than upon any particular impregnation of the sea air, although this from its coolness may likewise be of

* Dissertation sur la Phthisie.

great use, especially in the hot months, when sea voyages are generally undertaken by consumptive patients. The ancients were no strangers to this remedy; and amongst the Romans it was no unusual thing for consumptive patients to sail to Egypt. Pliny * observes, that this was done not for the sake of the climate, but merely on account of the length of the voyage.

Many of our English physicians have recommended a voyage to Lisbon in these cases. When this is done the proper season of the year should be carefully attended to. I knew a gentleman who went thither with symptoms of incipient phthisis, and experienced some relief during the

* “ Navigatio utilis est Phthisicis neque
 “ enim Egyptus propter se petitur, sed propter lon-
 “ ginitatem navigandi.”

course

course of the voyage, but happening to arrive at Lisbon at the beginning of the rainy season, the disease was soon greatly increased, and terminated fatally.

Dr. Fothergill, in the fifth volume of the *Medical Observations and Inquiries*, has given some very judicious observations relative to the choice of situations in our own climate, which it would be superfluous to repeat here, as they are now in the hands of every practitioner. But of the patients who die consumptive, only a very small proportion have it in their power to be long absent, or to travel far from home, for the recovery of their health, and of these again by far the greater number neglect the remedy till the disease is too far advanced. It is well known that a journey to Bristol Wells
may

may be advantageous in the inflammatory stage of consumption. The change of air, the regimen, and mode of living that are usually adopted by invalids at the hot-wells, together with the use of the waters, all concur in producing salutary effects. But it is to be lamented that this remedy, which ought to be one of the first that is had recourse to, is in general the last, and is employed at a period of the disease in which it is very rarely of any use.

If there are few persons, comparatively speaking, who are able to vary their situation here at home, the number of those who think of seeking an asylum in distant climates is still smaller. There are but few who think of imitating the example of the citizen of Anchusa, spoken of by Etmuller; who, having seen all his nearest relations

tions die consumptive, determined to travel from one country to another, by which means he avoided a similar fate.

When such a plan is adopted in pulmonary cases much will depend, as I have just now had occasion to remark, upon a proper choice of season as well as climate. That the winters of a cold climate are pernicious to consumptive patients is universally acknowledged. The summer heats of warm climates, though less suspected, are perhaps not less hurtful in these cases, or at least in the confirmed pulmonary hectic. For, although warm climates have been found to obviate the attack of phthisis, perhaps from their increasing the determination to the surface of the body, and the disease is observed¹ to be less frequent in such countries than it is with
us,

us, yet, when it has once made its attack, it is constantly more rapid in its progress. In this country it often continues for two or three years, whereas in Italy it seldom exceeds three or four months before it carries off the patient. It is evident therefore that a temperate heat of the air is the best adapted to consumptive patients, so that they ought to be frequently varying their situation. By spending their summers in Britain and their winters in a southern climate, with a careful attention to regimen and other necessary circumstances, the disease has been kept under for many years, and in some cases wholly removed. This method must be rigorously persevered in till there appears to be no danger of a relapse. A lady, who was threatened with an attack of phthisis, kept off the disease for several years by passing her
sum-

summers in the cooler parts of Britain, and her winters in the neighbourhood of Toulouse, till at length she neglected to quit this country till the approach of winter, when the stormy weather deterred her from attempting a sea voyage at that season, and she determined to spend the winter at home ; in consequence of which the disease made a rapid progress, and terminated fatally.

Hitherto I have made no mention of the use of vomits in this disease. Many physicians have supposed that where there is any increased determination to the lungs, vomits do mischief ; but I am persuaded, that instead of augmenting they diminish this determination, and that much good may be expected from a prudent use of this remedy, than which none has a more general or

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powerful an effect on the system. If any remedy is capable of dispersing a tubercle, I believe it to be vomits. The affections of the liver that sometimes accompany pulmonary complaints, give way to repeated emetics sooner than to any other remedy. I have experienced their good effects in several cases where the cough and the matter expectorated, the flushing heats, loss of appetite, and other symptoms, threatened the most fatal event. In some of these cases the complaints were greatly relieved, and in others wholly removed by the frequent use of emetics. Other suitable remedies were indeed employed at the same time ; but the relief the patients generally experienced after the emetic, was a sufficient proof of its salutary operation. By this however I do not mean to have it understood, that vomits will be useful

ful in every period of the disease, or in every patient. On the contrary, I wish to inculcate great prudence and circumspection in the use of them. In this, as in every other disease, an active remedy, though often of great utility, may occasionally be very pernicious ; and a prudent and humane practitioner, who attends with a watchful and an anxious eye to every circumstance that presents itself in the course of the disease, will be careful to lay it aside the moment it seems likely to be hurtful. In general, I believe it will be found, that the earlier in the disease emetics are had recourse to, the more likely they will be to do good, and the less likely to do harm. The cases in which I have had occasion to deem them improper, were commonly those in which the disease was rapid in its progress ; or in that stage of it, when

there was great debility, with profuse colliquative sweats.

In these cases, when an emetic has been administered twice a-week, and the cough is mitigated, the expectoration facilitated, and the other symptoms relieved, both the patient and the physician will be encouraged to proceed, and to repeat the vomit every other day, or even every day, for several days together, as I have sometimes done when the good effects of it were obvious.

The choice of emetics to be employed in these cases is by no means a matter of indifference. Carduus tea, chamomile tea, warm water, and others that act by their bulk, and by exciting nausea, relax the tone of the stomach
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when they are frequently repeated, and of course will be improper. More active emetics are therefore to be preferred ; and here some of the preparations of antimony might naturally be thought of. But the operation of these is not confined to the stomach. They produce evacuations by stool and a disposition to sweat, and are therefore improper in the pulmonary hectic. The mildness and excellence of ipecacoanha as an emetic, are well known ; but in these cases I have often employed the blue vitriol, concerning the effects of which we meet with some groundless assertions in several medical books. Its operation is confined to the stomach ; it acts instantaneously, and its astringency seems to obviate the relaxation that is commonly supposed to attend the frequent use of emetics. In two cases

cases I have experienced its good effects, after vomits of ipecacoanha had been given ineffectually. It should be administered in the morning, and in the following manner :

Let the patient first swallow about half a pint of water, and immediately afterwards the vitriol dissolved in a cup full of water. The dose of it must be adapted to the age and other circumstances of the patient, and may be varied from two grains to ten, fifteen, or twenty. As some persons are much more easily puked than others, it will be prudent to begin with a small dose; not that any dangerous effects will be produced by a large one, for the whole of the medicine is instantly rejected; but if the nausea is violent and of long continuance, the patient

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may

may perhaps be discouraged from repeating it. In general, the moment the emetic has reached the stomach it is thrown up again. The patient must then swallow another half pint of water, which is likewise speedily rejected ; and this is commonly sufficient to remove the nausea.

For the method of giving a draught of water previous to the exhibition of the vitriol, I am indebted to a short paper published some years ago in the Medical Magazine by Dr. Robert Brookes, in which he recommends a solution of blue vitriol as an emetic in certain affections of the stomach, and in the whooping-cough.

Dr. Marryat, in his *New Practice of Physic*, prescribes with great freedom what he calls the *dry vomit*, from its
being

being directed to be taken without drinking. This medicine consists of blue vitriol and the emetic tartar; but as I have never prescribed it, I can say nothing of its effects.

There are other medicines, such as mercurials, chalybeates, and sea-water, that are occasionally recommended in pulmonary complaints. Mercurials may sometimes be useful in certain cases, where the consumption is a secondary disease; but in the genuine phthisis their constant effect seems to be, to accelerate the inflammation of the tubercles, and to increase the tendency to hectic, so that in such cases their use ought to be laid aside. Chalybeates have been more generally prescribed; but in the inflammatory state of the disease they have often done harm. Morton, indeed, strongly recommends
the

the Tunbridge waters ; but he seems to do this chiefly in the scrophulous phthisis, in which, as is well known, the glands of the mesentery are commonly more or less diseased ; and mineral waters, by their stimulus, have a tendency to obviate this complaint. I remember at the German Spa to have seen the Pouhon and Geronstere waters used to advantage in such cases. With regard to sea water, I suspect that too much has been said of its use, even in scrophulous cases. It evidently does harm in every stage of the genuine phthisis, at first by its stimulus, and its tendency to hasten the inflammation of the tubercles, and afterwards, by augmenting the symptoms of hectic. We can place but little confidence in any thing Dr. Ruffel has said concerning sea water. It does not appear to have had a fair trial in any one of the cases

he has related ; for we constantly find him prescribing a variety of other remedies along with it.

Besides the use of internal remedies in pulmonary affections, physicians have often prescribed the steams of resinous and balsamic substances to be conveyed into the lungs. The vapour of dulcified spirit of vitriol, dropt into warm water, has likewise been used in these cases, and is advertised as a nostrum under the name of Æther. The inhaling of fixed air has also been spoken of as an useful practice. I have seen all of these methods tried at different times ; but I cannot say that I have ever been able to perceive any real advantages from them in the suppurative stage of the disease, where they might be expected to be of the greatest use ; and in the beginning I have often
found

found the two first to be too stimulating. I have therefore preferred the simple vapour of warm water, which I have already had occasion to mention among the remedies to be employed at the first attack of the disease. I have experienced its excellent effects in numerous instances ; but when the complaint has made any considerable progress, its utility is less obvious ; and when the patients have been much weakened, I have seen it bring on profuse sweats, especially when used in bed. I have therefore generally recommended it to be used in the daytime. Formerly I made use of a fumigating machine, described in the Gentleman's Magazine for 1748, in which the air, inspired by the patient, is made to pass through hot water, by means of a tube that communicates with the external air, and with the bottom of

the vessel : but we have now a more elegant, and (on account of the valve and mouth-piece) a more useful instrument of this kind invented by the ingenious Mr. Mudge.

Before I close these observations, I shall give some account of a remedy, concerning which I have indeed nothing to advance from my own experience, nor have I ever heard of its having been tried by any physician in this country ; but its simplicity, and the testimonies in its favour, seem to give it a claim to a trial ; and I flatter myself, that when the reader has considered the information I have collected on the subject, he will think as I do, that it bids fair to be of great use in checking the progress of the pulmonary hectic. The remedy I allude to is the earth bath. The first account I met with
of

of this practice was in the learned Baron Van Swieten's Commentaries* on Boerhaave, where he tells us, from the information of a person of credit, that in some parts of Spain they have a method of curing the phthisis pulmonalis by the use of an earth bath ; and he quotes the celebrated Solano de Luque in confirmation of this practice. Solano speaks of the *baños de tierra*, or earth baths, as a very old and common remedy in Grenada, and some parts of Andalusia, in cases of hectic fever and consumption ; and relates several instances of their good effects in his own practice. The method he adopted on these occasions was as follows : he chose a spot of ground in which no plants had been sown, and there he made a hole large and deep enough to admit

* Tom. IV.

the patient up to his chin. The interstices of the pit were then carefully filled up with the fresh mould, so that the earth might every where come in contact with the patient's body. In this situation the patient was suffered to remain till he began to shiver or felt himself uneasy ; and during the whole process, Solano occasionally administered food, or some cordial medicine. The patient was then taken out, and after being wrapped in a linen cloth, was placed upon a mattraß, and two hours afterwards his whole body was rubbed with an ointment composed of the leaves of the solanum nigrum and hog's lard. He observes, that a new pit must be made every time the operation is repeated, and advises the use of these baths only from the end of May to the end of October. Dr. Fouquet, an ingenious French Physician,

cian, with whom I had the pleasure of being personally acquainted at Montpellier, where he has the care of the military hospital, has tried this remedy in two cases. In one, a confirmed phthisis, he was unsuccessful ; but the remedy had not a fair trial. The patient, a man thirty years of age, had been for several months afflicted with cough, hectic fever, and profuse colliquative sweats. He was first put into the earth in the month of June ; but soon complained of an uneasy oppression at his stomach, and was removed at the end of seven minutes. The second time he was able to remain in it half an hour, and when taken out was treated in the way prescribed by Solano. In this manner the baths were repeated five times, and the patient was evidently relieved ; but having conceived a dislike to the process, he refused to submit

mit to any further trials, and died some months afterwards. In the second case he was more fortunate: the patient, a girl eleven years of age, had been for three months troubled with a cough brought on by the measles, which was at length attended with a purulent expectoration, hectic fever, and night sweats. She began the use of the earth bath in August, and repeated it eight times in the space of twenty days. At the end of that time the fever and disposition to sweat had entirely ceased, and by the use of the common remedies the patient was perfectly restored. I have lately been informed that a physician at Warsaw has likewise prescribed the earth bath with good success in cases of hectic fever. The Spaniards confine it entirely to such cases; but in some other parts of the world we find a similar method employed as a remedy
for

for other diseases, and particularly for the scurvy. Dr. Priestley observes*, that the Indians, he has been told, have a custom of burying their patients, labouring under putrid diseases, up to the chin in fresh mould, which is also known to take off the fœtor from flesh meat beginning to putrefy. The rancidity of a ham may likewise be corrected, by burying it for a few hours in the earth.

The efficacy of this remedy in the sea-scurvy has frequently been experienced by the crews of our East India ships. Mr. James Skene of Cursitor-street, a man of experience in his profession, and who was for several years surgeon to an East Indiaman, in a conversation I had with him lately on this subject,

* Directions for impregnating water with fixed air.

informed me, that in the year 1761, when the ship touched at St. Helena, several of the seamen being afflicted with the scurvy, and some of them in a high degree, the captain recommended the digging of holes in the earth, so that the patients might sit with their legs and thighs surrounded with fresh mould; observing at the same time, that if they made the holes deep enough to take them in up to the chin, they would recover the faster. This remedy appeared new to Mr. Skene, but the captain and others of the ship's officers spoke of it as a very old practice. Several of the patients readily adopted it, and by persevering in it only a few days were perfectly recovered.

The celebrated Dr. Lind, in his Treatise on the Scurvy, speaks of this remedy, and the two instances he gives of
its

its being adopted are very striking. In the annexed note* the reader will find the

* “ I have read and heard many relations of men
 “ supposed to be dying of this malady (the scurvy)
 “ who were said to have been perfectly recovered by
 “ being carried on shore to feed on the grass, to smell
 “ the earth, and by such like means. These rela-
 “ tions are not altogether destitute of truth ; the fol-
 “ lowing may be depended upon :

“ In the year 1761, when the English fleet lay at
 “ Belleisle, on the coast of France, the men in his
 “ majesty's ships were preserved from the scurvy by
 “ the seasonable supplies of greens sent from England.
 “ But the seamen in the transports had not this benefit :
 “ hence they became in general very much afflicted
 “ with the scurvy. Many of those unfortunate per-
 “ sons, labouring under this severe evil, and utterly
 “ destitute of proper remedies, were carried on shore,
 “ and after being stript of their cloaths, were buried
 “ in a pit dug in the earth (the head being left above
 “ the ground) their bodies were covered over with the
 “ earth, and permitted to remain thus interred for
 “ several hours, until a large and profuse sweat ensued.
 “ After undergoing this operation, many who had
 “ been carried on men's shoulders to these pits, were
 “ of themselves able to walk to their boats ; and what

the whole of what this respectable writer has said on the subject. These accounts corroborate the following one, which

“ was very extraordinary, two of them who had
 “ been quite disabled by this disease, recovered so per-
 “ fect a state of health, that they soon after embarked
 “ for the West Indies, quite recovered and in good
 “ spirits, without once tasting any green vegetables.”
 The Doctor then adds the following by way of note to
 the above passage : “ This is said to have been a com-
 “ mon practice among the Buccaneers in the West
 “ Indies, when their men were afflicted with the
 “ scurvy ; which brings to my remembrance the fol-
 “ lowing relation given me by a friend.

“ One day hunting in Newfoundland, he disco-
 “ vered what appeared to him at a distance to be a
 “ number of graves, with a man’s head fixed to each.
 “ Struck with the novelty of the sight he went to the
 “ place, where he was farther surprized to find the
 “ men alive ; they informed him they belonged to a
 “ ship which lay in the road ; and that having been
 “ reduced to unspeakable misery by the scurvy,
 “ they were thus interred in order to obtain a cure.
 “ Was not the climate of Newfoundland too cold
 “ for this operation ?” *Treatise on the Scurvy*, 3d edit.
 page 533.

was

was related to Dr. Fouquet by the captain of a French East Indiaman. This gentleman having had a great number of his people affected with the scurvy, touched at Ascension Island, with the hopes of finding the usual relief from a turtle diet, but unfortunately they were, through some accident, unable to procure the necessary supply. In this dilemma the captain, who had seen the good effects of earth-baths in scorbutic cases, recommended a trial of them to his sick men. Fresh pits were accordingly dug every day for this purpose, and the patients were so soon made sensible of the great relief afforded by this method, that they remained in the earth several hours at a time, and in the course of a very few days found themselves well.

So-

Solano, who is fond of philosophizing in his writings, is of opinion, that the earth applied in this way absorbs the morbid taint from the system ; but does it not seem more probable that the effluvia of the earth, by being absorbed and carried into the circulation, correct the morbid state of the fluids, and thus are equally useful in the sea scurvy and in the pulmonary hectic? That the earth when moistened does emit a grateful odour is a fact generally known ; and Baglivi long ago gave his testimony in favour of the grateful effects of the effluvia of fresh earth. He ascribes these good effects to the nitre it contains *.

* “ Certè terra vulgaris est plena nitro, et recens effossa ac odorata recreat spiritus, & sedat effervescentias morbosas nostrorum fluidorum, & ad longævitatē odorata juvat.”

Upon the whole, I cannot help expressing my wishes, that a trial of this remedy may be made during the warm months in this country. It is a vulgar practice in some parts of Britain to follow the plough, and to place children in the newly-turned furrow as a remedy in consumptions; and it has been well observed by a celebrated writer, that there is often some good reason for very old and long-continued practices; though it is frequently a long time before it is discovered, and the rationale of them satisfactorily explained.

F I N I S.

E R R A T A.

Page 13, l. 12, from the top, *for* 'consumptions' *read* 'pulmonary consumption.'

62, l. 2, *after* 'consumption' *add* 'and in the beginning of the suppurative stage.'

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